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TEST TUBES, BABY!

Ron Geyer, a professor of pathology and director of the Saskatchewan Therapeutic Antibody Resource (STAR), at the STAR lab on the U of S campus, where scientists construct therapeutic antibodies in test tubes — a more effective and cost-efficient way of producing the cancer-fighting agents. On Wednesday, Ottawa announced $1.7 million in funding for continued research. Story, page 3. MORGAN MODJESKI/METRO

Province holds onto contested MS treatment

Liberation therapy. Prominent study not 'conclusive evidence,' says health minister

ROSS ROMANIUK
Metro in Regina

The Saskatchewan government isn't completely scrapping the notion that so-called "liberation therapy" is an answer for multiple-sclerosis, despite a new study that some say debunks the procedure.

After prominent medical journal The Lancet published a study this week that its authors say shows it's unlikely that a narrowing of certain veins is the cause of MS, Health Minister Dustin Duncan stressed on Wednesday that the province isn't ready to toss aside the theory.

"We have an obligation to be a part of that research, whether or not it results in the answers that some people want to hear," Duncan said of liberation treatment, which a few thousand Canadians have travelled out of the country to undergo.

The theory goes that chronic cerebrospinal venous insufficiency (CCSVI) is the reason for MS symptoms, which could be lessened or removed through a "dilation" or a clearing of constricted veins from the brain.

Published Tuesday, The Lancet report — led by Dr. Anthony Traboulsee of the University of British Columbia — concludes that CCSVI had been found in similar portions in three kinds of subjects — those with MS, siblings of those patients and in others.

Open mind

"We've always taken the position that this may or may not be the answer."

Health Minister Dustin Duncan, on liberation therapy

Duncan, however, pointed out that Saskatchewan has "among the highest if not the highest incidence of MS in Canada" and said the province will continue to examine research that might help those with the disease.

The study won't stop a clinical trial of the treatment from proceeding on 100 subjects in Vancouver, Winnipeg, Montreal and Quebec City. The more than $5-million, two-year trial is expected to show its results in about two years.

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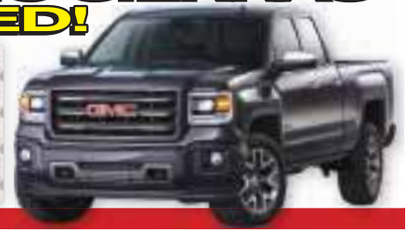


Saskatoon wants prayer complaint dismissed

Christian prayer. Complaint currently before Saskatchewan Human Rights Commission

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The City of Saskatoon is trying to get a complaint before the Saskatchewan Human Rights Commission thrown out.

The complaint, concerning a Christian prayer said at a volunteer event in 2012, has been before the Saskatchewan Human Rights Commission (SHRC) for months and on Tuesday, the man who filed the complaint received a letter from the commission saying the city has applied for a dismissal.

"I think it's a shameful legal tactic," atheist and secular advocate Ashu Solo, who filed the complaint, said on Wednesday.

The letter from the SHRC explained the city filed for dismissal on the basis of two factors.

The first that "the complaint is made in bad faith or for improper motives or is frivolous or vexatious," and that "there has been a lack of procedural fairness afforded the city in the handling of the complaint such that in all of the circumstances, a hearing is not warranted."

However, Solo said he feels the city applying for dismissal shows it would rather have the complaint thrown out than work to rectify the issue.

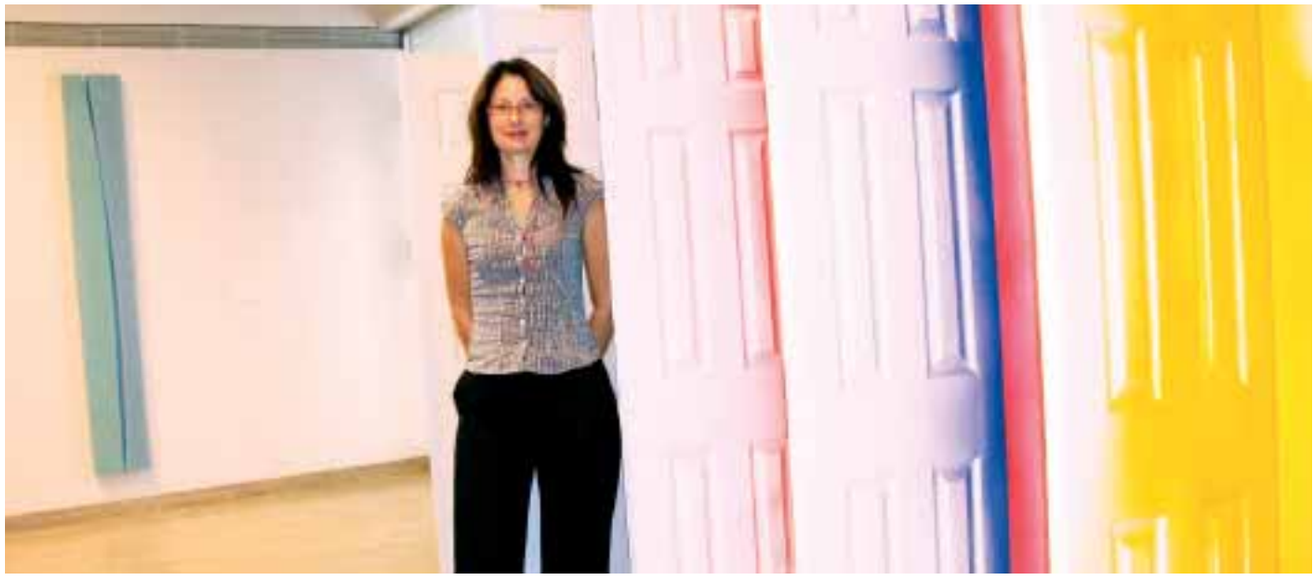
"It makes me feel like they don't take my complaint seriously and they don't care about the discriminatory practice of having prayers from one religion at city events," Solo explained.

A statement from Saskatoon Mayor, Don Atchison, said it would be "inappropriate" for him to comment on the matter as it's before the SHRC.

Saskatoon's city solicitor, Patricia Warwick, confirmed the city has applied for a dismissal, but did not provide clarification on why the city wants the case tossed.

"The Human Rights Commission's process grants the chief commissioner the discretion to dismiss a complaint any time after a complaint is filed or initiated," Warwick said in a statement.

Both parties have until Oct. 25 to make submissions in response or in support of the application.



Collection explores impact of Emma Lake Artist's Workshops

Lisa Baldissera, chief curator at the Mendel Art Gallery, stands with a piece by Robert Youds in the new Rewilding Modernity exhibit. The collection explores the impact of the Emma Lake Artist's Workshops, which attracted creative people from all over the world to Saskatchewan through the 20th century up until its closure last fall. For more on this story visit metronews.ca. JACOB MORGAN/METRO

Improper blood tests at U of R put 100s at risk

The University of Regina says it has put hundreds of people at risk due to years of improper blood testing.

The university has issued a warning to more than 260 people who had "blood lactate level testing" done as part of kinesiology and health studies courses.

A nine-month audit found that between 2006 and 2012 an improper testing procedure was used on students during testing in second- and third-year exercise physiology classes, on volunteers participating in research projects, and with "fee for service" clients.

The head of the program, Dr. Harold Riemer, says the risk of blood-borne infections is very low, but the school doesn't want to take any chances.

A letter to past and present students who may have been affected says potential risks of exposure to HIV, hepatitis C and B ranges from a one in ten million chance of contracting HIV to a six in one million chance of catching hepatitis B.

THE CANADIAN PRESS/CJME

Landfill fire. Kindersley declares state of local emergency

A community in west-central Saskatchewan has declared a state of local emergency due to health concerns about smoke from a landfill fire.

The town of Kindersley is warning people to keep their windows closed and to avoid inhaling the smoke.

Officials are awaiting the results of air quality tests being done by the Saskatchewan Environment Ministry.

The fire at the landfill started on Monday night and the flames spread due to windy conditions, but the blaze has been contained.

Town officials say they expect the fire to continue to burn for a few days

THE CANADIAN PRESS

Sweet ending to rotten story: Doris Lemke gets apples back

Donation. Saskatoon mom with sick son was robbed, fruit company decided to help

The plight of Saskatoon woman Doris Lemke and her family is resonating with people beyond Saskatchewan's borders.

In a story Metro broke two weeks ago, Lemke had hundreds of apples stolen from a tree on her front lawn. She was planning to make apple sauce for her 22-year-old son Richard, who suffers from a genetic condition causing cancerous growths on his thyroid and adrenal glands.

Lemke vented her frustration on Kijiji with a post that has since gone viral and received national media coverage. The news ended up reaching Chris Pollock, marketing manager of the Kelowna-based company BC Tree Fruits, through social media and he decided to replace the missing fruit.

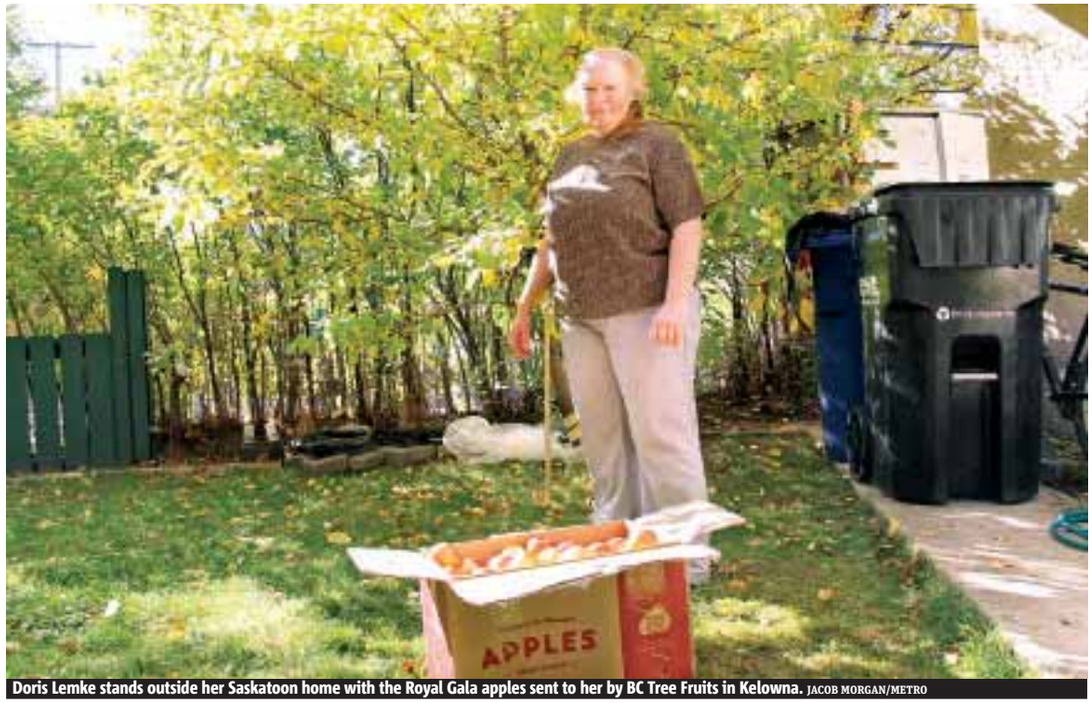
"We obviously have apples at our disposal," said Pollock. "It's a pretty simple thing for us to do but it goes a long way for someone in need."

He took it upon himself to ship a crate of about 100 Royal Gala apples from the growers' cooperative in the Okanagan Valley to Saskatoon for Lemke.

"People support others in need, and I think you'll find that in various situations everywhere across the world," said Pollock. "While there are some out there who aren't the brightest and do stupid things, there are more people who mean well and do well."

As for Lemke, she says it has become routine for her to walk outside and see bags of crabapples on her stoop left by community members.

"There are many needy people and I know the most important thing isn't an apple," she said. "But when you have a sickness in your family or something that's really bad, sometimes it takes an unexpected sweet deed to make you appreciate life again." JACOB MORGAN/METRO



Doris Lemke stands outside her Saskatoon home with the Royal Gala apples sent to her by BC Tree Fruits in Kelowna. JACOB MORGAN/METRO

Feds back U of S research on cancer treatments

A unique cancer research program at the University of Saskatchewan has received an injection of $1.7 million, the federal government announced Wednesday.

The research — which focuses on producing antibodies that target, restrict and fight cancer cells — could not happen without the grant, said Ron Geyer, a professor of pathology and director of the Saskatchewan Therapeutic Antibody Resource.

"For us it was awesome; this is really the main resource we have to get the infrastructure necessary to do this," he said, adding the cash will be used to buy equipment to produce, track and observe antibodies.

"There's other funding agencies that will fund the operating and personnel for specific projects, but it's very difficult to get infrastructure funding," he said.

"There's very few labs worldwide that have the necessary components to go from making billions and billions of antibodies, to be able to screen them and produce them in a very short time."

Minister of State for Western Economic Diversification, Michelle Rempel, said antibodies are in high demand and noted there's a $26 billion global market for antibody therapy.

"Anytime we can look at new treatments to ensure that this disease is combated is a good thing," Rempel said. "Our government is obviously focused on the creation of jobs and growth, but we also want to make sure Canadians have the healthiest lives possible.

"It's great to be able to fund a project that works at the intersections of both those concepts." MORGAN MODJESKI/METRO

How it works

The U of S research is unique because it uses test tubes to create the antibodies, which is quicker, more effective and less costly than using animals.

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Judge ridicules quest to punish census activist

In the name of justice? 89-year-old 'martyr in the making' is a public relations disaster for the prosecution, judge says

A Toronto judge lambasted the government Wednesday for its prosecution of an 89-year-old peace activist who refused to fill out the 2011 census, and found her not guilty.

Audrey Tobias admitted that she refused to fill out the basic personal information the census required because it was processed using software from U.S. military contractor Lockheed Martin.

But the judge noted there are two elements that the Crown must prove for a conviction: the act and the intent.

Tobias's testimony left Ontario Court Judge Ramez Khawly unsure whether she was accurately recalling her intent for refusing the census nearly 2 1/2 years ago, or if the passage of time has "dimmed her memory."

That left Khawly with reasonable doubt of Tobias's intent and he said he therefore must acquit her.

"Could they not have found a more palatable profile to prosecute as a test case?" Khawly said. "Anyone in Justice who had not seen that coming should be ushered immediately into an introductory marketing course."

Tobias stood defiant on the courthouse steps, saying she was willing to be dragged off to jail if she had been found guilty.

Asked whether she had been afraid of the prospect, she shrugged.

"I was curious," she said. "I wondered what it would be like." THE CANADIAN PRESS

"Did no one at Justice clue in that on a public relations perspective, this was an unmitigated disaster?"
Ontario Court Judge Ramez Khawly

Activist Audrey Tobias stands on the steps of a Toronto court on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Mexican woman turned away from clinic, gives birth on lawn

Irma Lopez, 29, stands next to her newborn son Salvador at a clinic in the town of Jalapa de Diaz, Mexico, earlier this week. Mexican officials suspended a health centre director Wednesday after Lopez, an indigenous woman, was denied entry to his clinic and was forced to give birth on the lawn. A nurse kicked Lopez out of the clinic on Oct. 2, claiming she was "still not ready" and had to wait for a doctor. Lopez gave birth while grabbing the wall of a house next to the clinic. CHEMA ALVAREZ/THE ASSOCIATED PRESS

France. 2 more reporters held in Syria identified

France has revealed the existence of two more journalists taken hostage in Syria, after the prime minister identified them in a radio interview, apparently by mistake.

The disclosure that Nicolas Henin and Pierre Torres had been kidnapped while in Syria June 22 brings to four the total of French journalists known to be held hostage in Syria.

The Foreign Ministry said Wednesday that Henin and Torres' capture was not disclosed until now out of respect of their families' wishes. However, in an interview on French radio Wednesday, Prime Minister Jean-Marc Ayrault named them for the first time while answering a question about two other kidnapped reporters. THE ASSOCIATED PRESS

Brazil. Man left legless after amputation mix-up

A Brazilian hospital says a patient with diabetic kidney failure has been left legless after going into an operation to amputate his right leg and having doctors remove his left.

Marilda Santos, spokesperson for Rio de Janeiro's Pedro Ernesto University Hospital, says that on Friday doctors were supposed to amputate Antonio Cesar Victorio's right leg, but instead removed his left.

"When the patient's daughter told doctors they had removed the wrong leg, they amputated the other leg as well."

Victorio's daughter told the O Globo newspaper that the family plans to sue. THE ASSOCIATED PRESS

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Get the cluck out!

French legislator fined for making chicken noises at female colleague

A French legislator was sanctioned Wednesday for clucking at a female colleague while she spoke in the National Assembly, the latest incident of catcalling in the French parliament.

The office of the Assembly's president said Philippe Le Ray of the UMP party will be fined about $1,700 US.

Le Ray clucked at Veronique Massonneau, an ecologist deputy, as she addressed the parliament late Tuesday. She pleaded, "That's enough. … I'm not a chicken!"

In French, "chicken" can be a derogatory term for a woman. THE ASSOCIATED PRESS

Bosnia

Second mass grave site found

Bosnian authorities say have they found a second mass grave near one they have been working on and from which they have so far excavated the remains of about 130 Bosniaks and Croats killed during the 1992-95 war.

The prosecutor's office said Wednesday teams will now work on both graves and that according to available evidence, the bodies found so far belong to non-Serbs killed in and around the northwestern town of Prijedor in 1992.

Some 1,200 Bosniaks and Croats are still missing from the area of Prijedor. THE ASSOCIATED PRESS

Haiti

Group sues UN over deadly cholera outbreak

Human rights groups on Wednesday filed a lawsuit blaming the UN for a cholera outbreak that killed thousands of Haitians as lawyers seeking compensation for victims and clean water and sanitation for the Caribbean country stepped up efforts to force the world body to confront the tragedy.

The lawsuit in federal court in Manhattan sought class-action status to pursue relief for what it described as an epidemic that has killed more than 8,300 people, sickened more than 650,000 and continues to kill about 1,000 Haitians annually. THE ASSOCIATED PRESS

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Two Canadians trapped in Egypt release video

'Ordeal's not over'. Still under 'active investigation,' only a judge can decide when they fly home

Filmmaker John Greyson and physician Tarek Loubani in a video they released Wednesday. YOUTUBE SCREEN GRAB

Two Canadians who remain trapped in Egypt after being released from jail have made their first appearance in an online video.

Filmmaker John Greyson and physician Tarek Loubani, who were detained for seven weeks in Cairo, appear healthy and upbeat as they speak in the 66-second video posted Wednesday to YouTube. Greyson said in the video that while the "ordeal's not over" it was time for the pair to say "hi" to those who supported them. It's not clear when Egypt will allow them to fly home. An official said the men remain under investigation, and it's up to a judge when they are free. THE CANADIAN PRESS

Russia gets tough with little Netherlands

Maarten Huiskamp cuts a piece of Dutch cheese in De Kaaskamer store in Amsterdam, Wednesday. The Netherlands has apologized after a diplomatic spat over the arrest and detention of a Russian diplomat by police in The Hague, but relations between the countries are soured. Russian news agencies said that a delegation inspecting Dutch cheese facilities is not satisfied with the quality of the product. PETER DEJONG/THE ASSOCIATED PRESS

Utah

Nature calling?

A Utah man has been sentenced to seven days in jail after a high-speed chase that he blamed on a bathroom emergency. Jeffrey Laub, 39, told a judge that he was racing to get to a toilet as he was chased by cops at 178 km/h. THE ASSOCIATED PRESS

Kuwait

Jail for insulting the emir

Kuwait newspapers say a court has sentenced an online activist to two years in jail for insulting the nation's ruler. It is the first case since a blanket pardon for similar offences last summer. THE ASSOCIATED PRESS

Utica, N.Y.

Sounded like a puppy in distress

A frantic effort to save what was believed to be a puppy trapped in an upstate New York City's sewer system has a happy ending. There was no trapped pup, just a sewer system that sounded like one. THE ASSOCIATED PRESS

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Where's the remote? It's on Twitter ... in a unique new TV, movie link-up

Tweet this: Twitter and Comcast have signed a partnership that will let viewers access TV shows and buy movie tickets directly from a tweet.

The development deepens the messaging service's ties to television programming.

Twitter Inc. and Comcast Corp. said Wednesday a new feature that's part of the deal will let customers of Comcast's Xfinify TV service tune in to programs by clicking a "see it" button in a tweet.

Comcast CEO Brian Roberts called it "an instant online remote control."

The Sept. 29 finale of Breaking Bad generated a record 1.24 million tweets. AMC/THE ASSOCIATED PRESS

The button will allow Twitter users to set DVRs, tune in to shows online, on TV or on mobile devices.

THE ASSOCIATED PRESS

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Teen safety: It's a 'like' for Facebook managers

A cry for help? There are surefire ways the online social networking site can come to your aid

JESSICA SMITH
Metro in Toronto

Teens have a different Facebook than the rest of us.

Their profiles aren't searchable through Google, their default settings are more private and they only show up in Facebook's new Graph Search to their "friends of friends" network.

It's all about teen safety.

Facebook Canada invited reporters Wednesday to learn more about how the social network deals with that topic.

Facebook's manager of privacy and safety Nicky Jackson said the company chooses to give teens — kids are supposed to be at least 13 to be on the site — autonomy, in part because young people tend to go to Facebook to talk about things they can't tell their parents about, such as violence in their home or coming out as LGBT.

Facebook tries to give them a safe environment to communicate, she said.

Jackson explained the different ways a user can ask for help.

There are built-in mechanisms for reporting bullying to a trusted adult and to Facebook operators who can remove the bullying post.

And there are mechanisms for reporting crises such as suicide attempts to emergency services.

Teen safety and privacy has been a controversial subject for Facebook.

Just recently ads for a dating site appeared on Facebook featuring the photos of Halifax teen Rehtaeh Parsons, who died by suicide after bullying and an alleged sexual assault.

The advertiser found Parsons' photos from a search engine and used them directly in the ad.

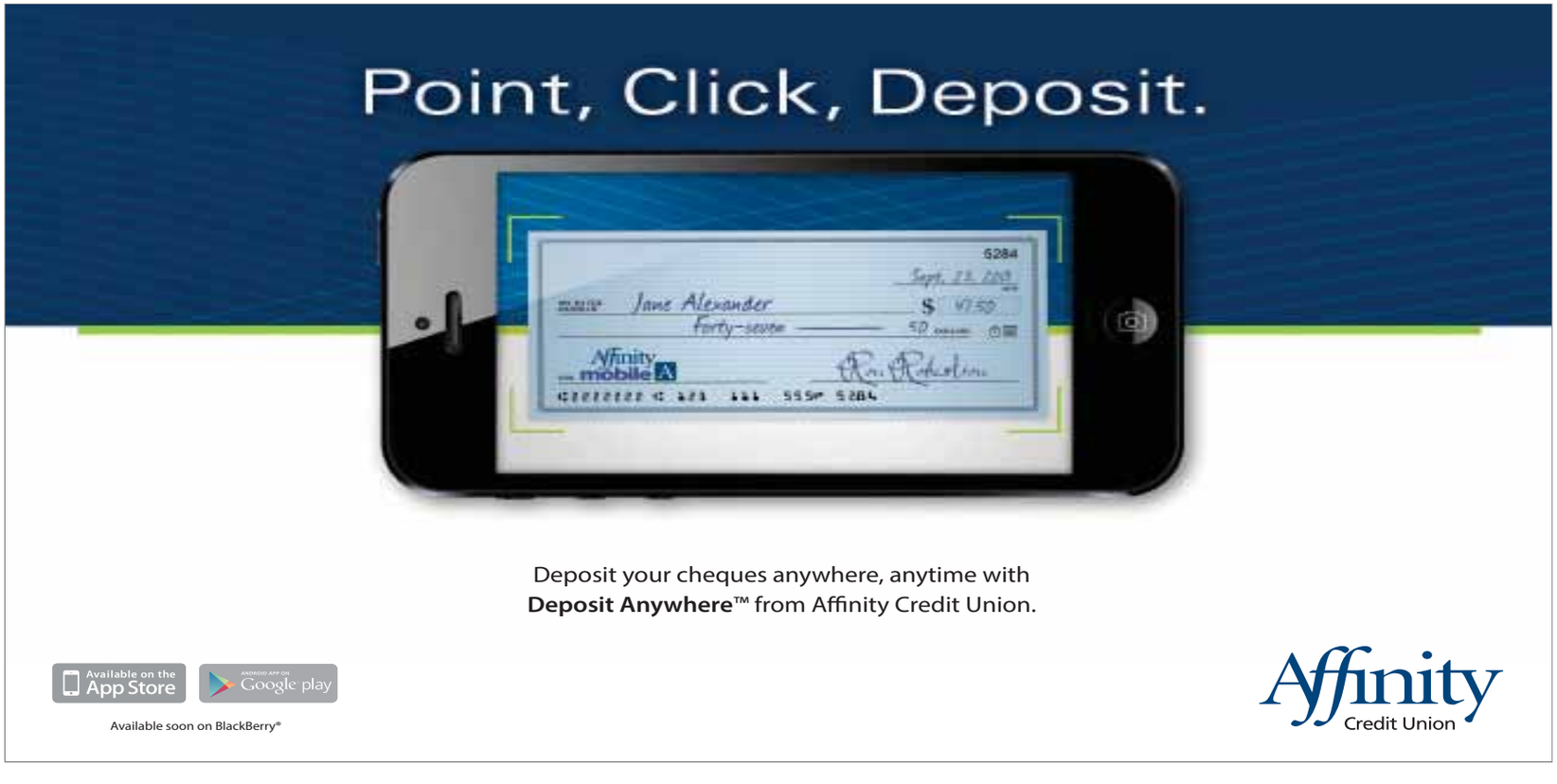
Facebook took down the ads and banned the advertiser, but didn't change its policies relating to approving ads, said Jackson.

Quoted

"There's a lot of misunderstanding. And we get it — you want to understand how your image is being used."

Nicky Jackson, Facebook exec.

Facebook wants to provide a safe environment. CHRIS JACKSON/GETTY IMAGES



NOBEL PRIZE WINNERS SHOULD GET TO TWERK

HE SAYS

John Mazerolle
metronews.ca

I sometimes wish I lived in a world where Nobel Prize week was as popular as Shark Week.

Alas, I live here. So while I might be excited to see people take home Nobel Prizes in physics or medicine or chemistry, I know it won't get the public nearly so excited as footage of any of those people being eaten by a hammerhead.

I've considered the potential of some reality TV glitz — each prize presented by Miley Cyrus, say, licking the medal like it's chocolate wrapped in foil. Or the winners making public phone calls to childhood bullies so they can boast they've won a million dollars (as well as a large chocolate medallion and a chance to meet Hannah Montana.)

But, really, we shouldn't have to glitz it up at all. A Nobel Prize, after all, is one of the most respected awards in all of humankind, second only to The Daytime Emmy Awards. To illustrate, here's a timeline (of the Nobels, not the Emmys).

1888: Alfred Nobel, butler for reclusive billionaire Bruce Wayne and the inventor of dynamite, is shocked to read his own obituary in a French newspaper, which dubs Nobel "the merchant of death." In response, he creates the Nobel Prize so that he might be remembered more fondly, then has his critics blown up with dynamite.

1901: Wilhelm Conrad Rontgen becomes the first person to win a Nobel Prize for physics when he discovers X-rays, using the $1.2 million prize to buy a hundred years' worth of X-ray Glasses ads in the back of Archie comics.

1911: Marie Skłodowska-Curie wins a Nobel Prize for chemistry. The Curie family wins five Nobel Prizes in total, earning them the nickname "the Sutter family of the Nobel Prize world" among those who are huge fans of both the Nobel Prize and the NHL.

1953: Physicist Frederik Zernike wins for his invention of the phase contrast microscope, earning the scorn of his fellow physicists who had all made some pretty cool papier-mâché volcanoes that erupt when you add baking soda.

1965: The awards show institutes an annual memorial reel — showing all those who have died in science, for science and because of science — which runs about 11 days.

1973: Chemists Stanford Moore and William H. Stein win for their research showing that the Maxipad on the left soaks up far more blue liquid than the other guy's sanitary napkin on the right.

1992: The Nobel Prize for Swimsuit Competition is discontinued after complaints from women's groups that the winner is always Swedish.

2007: After years of snubs, Martin Scorsese finally wins a Nobel Prize for his physics work, which provided a mechanism to explain the typical blood spatter pattern on gangsters' pinstripe suits.

2009: U.S. President Barack Obama's selection as winner of the Nobel Peace Prize stirs controversy, especially after he declines the invitation to come to Oslo and has a drone pick it up on his behalf.

As you can see, the Nobels have a colourful and even controversial history that should get people just as excited as any version of Jaws, whether a great white's or Miley Cyrus's. The beauty of science and the nobility of the human spirit should be enough to attract eyeballs.

Or, what the hell, just get Robin Thicke and Miley Cyrus to host and call the damn thing the Nobelz, if more people will watch. The Discovery Channel used to be a science station, after all.

How's that for blurred lines?

ZOOM

You said they're extinct?

ALEJANDRO ARTEAGA/TROPICAL HERPING

Your nose is going to grow

Pinocchio lizard fools us by reappearing

It's no tall tale that the aptly named Pinocchio lizard — once thought to be extinct — has been caught on camera in Ecuador. The Anolis Pinocchio has only been sighted on three occasions since 2005.

After a three-year search, a team of photographers and researchers found the creature. METRO

Once thought to be a 'mythological creature'

"Finding the Pinocchio anole was like discovering a secret, a deeply held secret," said photographer Alejandro Arteaga. "We conceived it for years to be a mythological creature."

It was first discovered in 1953 but disappeared for forty years, only to be rediscovered in 2005 by birdwatchers. METRO

The nose knows

- The lizard was named after the children's character Pinocchio.
- It was found in the cloud-forest of Mindo, Ecuador.
- Its nose is incredibly flexible and it's not believed to be used for mating or battling rival males. But, its exact purpose is not known.

Where to find Pinocchio

1,530

The height in metres above seal level that the Pinocchio anole lives.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's a long weekend coming up, which means you might find yourself doing a little travelling. So please a) stay safe and b) check out these games you can carry in your pocket to help while away the hours.

CONTRIBUTED

Naughty Bricks :

If the similarity between this title and another massively successful app starring cartoons with an unpleasant disposition raises your eyebrow, said eyebrow has a point. While Bricks isn't an Angry Birds clone, per se, it's close enough — giving you one physics-based shot at flinging the sun into a cluster of wisecracking bricks that are heading toward Earth. (iOS, Android/$1.99)

The Cave:

More than just the titular location, The Cave is also the titular character narrating a puzzle-solving adventure game from the creator of the Monkey Island series. The setting can be dark but beautifully clever writing — especially the snarky Cave narrator — should keep you smirking as you deal with monsters and hazards. The small screen can make for problematic controls, but we're used to that by now. (iOS/$4.99)

X-Type:

We're fudging a bit here, since this isn't an app art all. Instead, simply plug photoslab.org/xtype into your browser and you'll be served up with a twin-stick space shooter. So blast as many menacing space threats as possible while this is still fresh, because it's your only chance to get on the leaderboard before the hardcore shows up.

Comments

RE: Hockey Canada Unveils Olympic Hockey Jerseys, published Oct. 8

How about not trying to fix what's not broken?

A slight alteration I can live with, but this is just lazy and ugly.

Probably designed by the same people that thought those yellow jerseys were a good idea ... The red and white ones look like novelty jerseys I would buy at Petro Canada with my gas points. The black one looks like a sweatshirt I'd buy at Roots. They dropped the ball (or puck) with these.

Chris posted to metronews.ca

Nice practice jerseys! Did hockey Canada run out of money for real ones?

DaN posted to metronews.ca

The first thing I thought of when I looked at the picture was, Petro Canada is going to love this!

GW posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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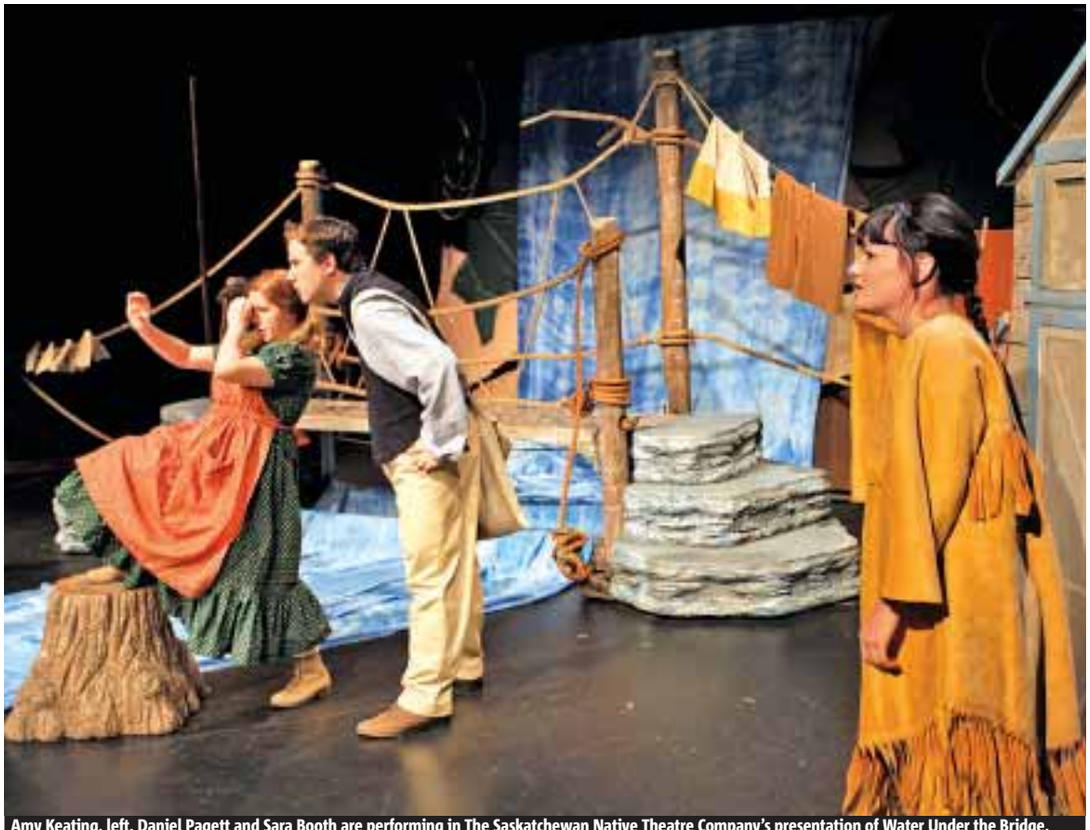
SCENE

Bridge over very troubled water

Theatre. The Saskatchewan Native Theatre Company aims to engage young people via this interactive and educational show

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca



Amy Keating, left, Daniel Pagett and Sara Booth are performing in The Saskatchewan Native Theatre Company's presentation of Water Under the Bridge.
SUPPLIED

Some of the best productions in the history of theatre have left audiences divided. That's quite literally the goal for the Saskatchewan Native Theatre Company's presentation of Water Under the Bridge.

"There's a component in the play where the actors take a blue cloth representative of a river, and they divide the audience, so they get to experience being separated from their peers," said SNTC artistic director Curtis Peeteetuce.

The play, which is put on by Carousel Players based out of St. Catherines, Ont., tells the story of two young girls named Sarah and Waneek who come from two different worlds which are separated by a river. It features a bridge onstage and is set against a historical backdrop.

"Their friendship is threatened by the War of 1812 and the antagonist is Sarah's cousin Daniel who says, 'You two can not be friends anymore, and we have to take this bridge down.'"

Peeteetuce says that while the subject matter is handled in a somewhat light way for the young target audience, the children who attend will receive the message loud and clear.

"I happen to believe that children are not given enough awareness on the issues that they will encounter as they get older. Things like discrimination and stereotyping, and this is a good way to at least introduce it to them."

Classes of students that attend will receive a teacher's resource guide to assist in discussing these issues.

The children will also get a different type of education as they will be invited to learn how to shuck corn and bind rope, as well as help repair that all important bridge, as part of the production.

"It deals with important things like friendship and these big issues, but I think they'll also have fun building ropes on stage and just being a part of the show is a real experience for them."

This is the first show of the season for the company and comes hot on the heels of SNTC receiving significant acclaim for its work last year. The group was nominated for several Saskatoon and Area Theatre Awards and Keith Barker received the playwriting award for SNTC's The Hours That Remain.

"It's definitely nice to have a place in the theatre community and people are starting to recognize that our programming is unique to who we are and it's a valuable contribution. That recognition takes us forward in such a good way," Peeteetuce concluded.

Here's lookin' at you kid

Water Under the Bridge is the first children's play SNTC has staged in five years. It wraps up its run at Studio 914, located at 914 20th Street West, with 10 a.m. and 1 p.m. performances Thursday and Friday, for tickets visit persephonetheatre.org.

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Writer can't get enough of the star-cross'd lovers

Romeo and Juliet. Julian Fellowes says he's fascinated by young, pure love — the kind that takes over your life

NED EHRBAR
Metro World News in Hollywood

Romeo and Juliet opens Friday. CONTRIBUTED

Between what he's put the couples through on Downton Abbey and now taking on Romeo and Juliet, you'd be forgiven for assuming writer Julian Fellowes is more than a little obsessed with doomed, tragic love. And he'd admit you're onto something — but it's not his fault, he swears.

"This whole business of love ending in death, I grew up on it," he says.

"I mean, you remember those songs — Tell Laura I Love Her and Leader of the Pack and Terry — they were all ending up with the guy dying on the motorbike or being smashed in the car race or whatever. And that was really my adolescent culture. So in a way I got there before Twilight."

But early exposure to pop music aside, Fellowes insists he's just giving audiences what they really, really want.

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing — perhaps because it's a sort of ideal that most of us don't live up to," he says of the enduring appeal of Shakespeare's romantic tragedy.

"There is a moment in some incredibly unhappy pursuit where most of us think, 'Oh, the hell with it' and then we just go home. But what we love about these lovers is that they don't think that.

"They go all the way and in the end they would rather die than be apart. It somehow chimes with the memory of first love and early love, which we've all been through."

And when he says "we all," he's including himself in that equation.

"These stories — and Romeo more than any other — take us back into that emotion," he says.

"And I suppose I respond to that as much as anyone else does, really. Odd as it may seem looking at this porky old fellow, bald and fat, once inside there was a lover."

That does leave one nagging question, though: With so many previous adaptations of the Bard's love story — and especially with Franco Zeffirelli's definitive 1968 edition and Baz Luhrmann's more experimental 1996 entry — why does the world need yet another?

"There are certain stories that won't die, and they just continually get reinvented," Fellowes explains.

"Sometimes (Romeo and Juliet has) been turned into modern musicals about the back streets of New York or it's been made modern and set in an ice rink or it's in an underground garage or everyone's in Nazi uniforms.

"But the point is we keep going back to it. And I think the reason we go back to it is that it touches something at our very core.

"And that's why it seemed right to give this generation their own Romeo and Juliet and not constantly get out a fuzzy VHS of Zeffirelli's."

Wherefore art thou Romeo?

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing..."

Julian Fellowes on the enduring appeal of Romeo and Juliet

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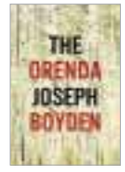
1. DOCTOR SLEEP Stephen King
Haunted by the inhabitants of the Overlook Hotel where he spent one horrific childhood winter, an adult Danny Torrance has now become Doctor Sleep – and finds himself being pulled into an epic war between good and evil.
Last Week: 1 / Weeks on List: 3



2. THE ORENDA Joseph Boyden
Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.
Last Week: 2 / Weeks on List: 5

This Week		Last Week	Weeks on List
3.	THE LONGEST RIDE Nicholas Sparks	3	4
4.	A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett	6	6
5.	THE SILENT WIFE A.S.A Harrison	4	7
6.	MADDADDAM Margaret Atwood	7	7
7.	GRAIN BRAIN David Perlmutter	5	4
8.	KILLING JESUS Bill O'Reilly	14	3
9.	GONE James Patterson	19	2
10.	STEVE JOBS Walter Isaacson	8	5
11.	THE CASUAL VACANCY J.K. Rowling	10	12
12.	INFERNO Dan Brown	11	20
13.	BREAK OUT! Joel Osteen	17	2
14.	THE SIGNATURE OF ALL THINGS Elizabeth Gilbert	20	2
15.	ONE SUMMER Bill Bryson	18	2
16.	TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean	12	4
17.	BLOOD Lawrence Hill	15	2
★ 18.	THE CIRCLE Dave Eggers	-	1
★ 19.	A NATION WORTH RANTING ABOUT Rick Mercer	-	1
★ 20.	MY STORY Elizabeth Smart	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending October 14th
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From Fifty Shades to Jurassic Poke

Dinosaur erotica. Writer is ready and willing to talk about Rex — and all of his frenzied fans

ANDREA PARK
Metro World News in New York

Authors Christie Sims and Alara Branwen gained Internet notoriety after writing several volumes of dinosaur erotica, including Taken by the T-Rex and In the Velociraptor's Nest.

The two friends met at Texas A&M University, where they are both students, and found that writing erotica was not just fun, but also profitable.

They decided to write lurid tales of ancient, scaly creatures having their way with women (under pen names, of course) and saw their novel idea take off. Branwen spoke with Metro about her strange success and even offered up a bonus: an amazing, Metro-exclusive, dinosaur sex scene with everyone's favourite pop star, Miley Cyrus.

How did you get into dinosaur erotica? Is it really just for the money?

I first got into dinosaur erotica because I was burned out on doing dragon, were-creature, and the other kinds of erotica that I was doing at the time. I so burned out on writing it that I thought about quitting. However, as I was going for a walk one day, I thought about Jurassic Park. My mind immediately went to my work and I started picturing huge dinosaurs having sex with young women. I died laughing. I thought that writing a dinosaur erotica would be fun and would possibly reignite my passion for writing. So I wrote a dino word porn. The story was fun to write and it rekindled my excitement for writing.

Do I write it just for the money? No. Of course, money is part of the reason I write. Since I am a writer, writing is my job and therefore (money is) part of the reason I write. However, I write dinosaur and fantasy creature erotica because it's unique, funny, fun and it is fresh enough to give me new ideas each time I sit down at the keyboard.

Where do you draw literary inspiration for your prose?

I get a lot of my basic writing structure from, believe it or not, Isaac Asimov. I am very fond of his simple style that is very clear and makes it easy for readers to connect to him. When it comes to my sex scenes though, I draw a lot of inspiration from R. A. Salvatore. His combat scenes are what taught me how to write action oriented scenes. Piers Anthony and Robert Heinlein are also big inspirations for my work for various reasons.

Apparently there's a whole market of people willing to pay to read about buxom women being taken by T-Rex. ISTOCK

How did you get your books noticed in the first place?

I think they got noticed at the level they have been noticed because someone made fun of my art covers and story titles on their blog. Other people made fun of my work on their own blogs. Jezebel saw the stories and did a piece on it, as did the Daily Mail. Then my book titles spread like wildfire. Now they are all over the place.

How do you two divide your work?

Christie and I both write together. Basically I write until I get tired, and then Christie takes over. Together we are able to do about 5,000 to 9,000 words per day on working days.

Who are your readers?

If you want a breakdown of our fans, it's about 60 per cent men and 40 per cent women. Most of our readers seem to be between the ages of 24 to 60, with most of our readers being in the 30 to 40 age range.

Do they seriously fantasize about dinosaurs or is there some sort of irony on their part, too?

I think they do seriously fantasize about dinosaurs, dragons, minotaurs, centaurs or whatever the story is about. However, some readers buy the stories just because they think they are funny or crazy. It doesn't matter to Christie or me why our readers buy them, just as long as they derive some kind of enjoyment out of them.

Do your friends know you write this stuff?

Yes, and they all think it is either cool or hilarious.

More online

As a wild card question, we asked the authors of Taken by the T-Rex to give us a sample on how they'd write up a sex scene between Miley Cyrus and a velociraptor. The results? Visit metronews.ca to read their twerking tale.

Who illustrates your covers?

A good friend illustrates our covers.

Do you think you'll get sick of dinosaurs at some point?

Christie and I have actually started talking about when we are going to retire and go into things that are not porn related. However, we plan to write monster erotica for the next couple of years. We are still having fun with it. I, personally, am going to keep writing it until it's not fun anymore.

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OUR TAKE ON THE WORLD OF CELEBRITIES

Sinead O'Connor. ALL PHOTOS GETTY IMAGES

Sinead writes another letter, now the Wrecking Ball's in Miley's court

After Sinead O'Connor's third open letter to Miley Cyrus, the Wrecking Ball singer dismissed the Irish entertainer with, "You can write as many open letters as you want."

Well, be careful what you wish for. O'Connor has released her fourth open letter to Cyrus.

"You've said on Matt Lauer's show — where you again refer to me as 'crazy' — that you don't understand why I have been upset with you. I find that hard to understand, frankly, since you're clearly very far from being a stupid woman," O'Connor writes.

"I would very much like you please to apologize to myself and Amanda Bynes for having perpetuated abuse of both of us. … I'd find it hard to believe someone so young could be that calculatedly evil to anyone, never mind someone who did absolutely nothing to deserve such abuse. I have no interest in the 'feud' which media want."

I guess the Wrecking Ball's in your court, Miley.

Taylor Swift

Swift and Mayer in same place at same time, world doesn't explode

It really is a small world after all. Taylor Swift risked a run-in with ex-boyfriend John Mayer recently when she visited Disney Land with some pals, since Mayer happened to be at the amusement park the same day with Katy Perry, according to E! News.

Luckily the two groups didn't cross paths while in the Magic Kingdom.

The Word

Wait, so Bow Wow doesn't want to marry me?

THE WORD
Melinda Taub
scene@metronews.ca

The American economy has gone to crap. Their government can't function. Global warming is going to destroy us all.

But look on the bright side. At least we live in an era when catfishing exists.

I realize that is a terribly callous thing to say. Being catfished no doubt feels awful. I don't care. This makes me really happy.

So here's the deal. On this week's Catfish, an astute young woman named Keyonnah began an online relationship with rapper Bow Wow. He refused to video chat with her, but they exchanged text messages and he sent her $10,000 in gifts. But — shocker — the man who refused to meet her in person was actually not a famous rapper, but a woman named Dee who liked to lure straight chicks using Bow Wow's likeness because she "liked a challenge."

The best part of this, however, is that Bow Wow himself is super into it.

"I feel honoured," he said in a reaction video posted by his BET show 106 & Park. "It's dope and it's fly when someone wants to be you. And not only they wanna be you, in their mind they are you. That's crazy. But I like it. It's free promo for myself."

Bow Wow went on to invite both Dee and Keyonnah to come hang out with him, which is probably a much happier ending than catfishings usually have.

Daniel Radcliffe

His wand is out again — you're right Daniel, these headlines are easy

Daniel Radcliffe is not surprised about the reaction his steamy same-sex love scene in Kill Your Darlings is getting.

"It's quite an easy headline, I guess particularly for British papers. There's a lot of jokes to be made," he tells Katie Couric in an interview. But he does think it's a bit out of proportion considering his previous work.

"There was full-frontal nudity" in the stage production of Equus, he points out, "and I played a boy who had a sort of sexual-religious fascination with a horse. So the fact that this is getting more attention, it's kind of interesting."

Owen Wilson

Wilson to father his trainer's baby

Owen Wilson is reportedly becoming a father for the second time — but this time with his personal trainer, who recently filed for divorce, according to the National Enquirer.

Trainer Caroline Lindqvist has reportedly been separated from her husband, plastic surgeon Ritu Chopra, for more than a year but did not file for divorce until learning she was carrying Wilson's child.

"Caroline broke the news to Owen this past May shortly after confirming that he was the father," a source says. "A few days later she filed for divorce from her husband."

The baby is said to be due in January.

Twitter

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time to explore Korea

@LilTunechi
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@rihanna
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ALICE TATE
Metro World News

The shows, the parties, the running in heels — we know fashion month is a crazy one. If you're anything like us, you're now a good few weeks behind on industry gossip, mile deep in emails, and are quickly losing your rep as the most clued in employee on your floor, right?

Saving you the trouble of calling in a backlog of glossies, or trawling Google for days, we've rounded up the biggest, buzziest news blasts you might have missed over the month that was, for you to scroll, study, and slip flawlessly into conversation. There, reputation saved. (We just can't do anything for your social life.)

Sept. 6
Alexa Chung launches her book, It
Our favourite clothes horse and It-girl released her first book, aptly titled, It. A new day, a new line on the CV, right Alexa?

Sept. 10
Givenchy launches app
The Italian luxury label is getting down with the kids and going all techy on us. Givenchy unveiled their new app, which gives us all a deeper insight into the brand, its values, and ahem, its stellar e-commerce abilities.

Rihanna's second collection for River Island has shone bright like a diamond since Sept. 12. CONTRIBUTED

Kanye's ignited a feud with everyone else. Why not include the fashion industry? CONTRIBUTED

A handful of style editors got to know each other a little better after getting stuck in an elevator post-Philosophy show. CONTRIBUTED

Sept. 11
Editors had to climb out of an elevator after the Philosophy show
First they ran to get to the show on time, and then 50 intrepid editors had to climb out of the elevator after it got stuck between floors. Who knew New York Fashion Week was such a workout?

Sept. 12
Rihanna's second collection for River Island dropped
The singer, who can't help but make news, made more during New York Fashion Week. Her second collection for River Island dropped. Celebrating in true RiRi style, the singer hosted a bash with party pal Cara Delevingne in tow.

Sept. 18
Net-A-Porter launch ethical collection
The luxury retailer's Green Carpet Challenge gave your favourite British designers (Burberry, Christopher Kane, Victoria Beckham, and so on) the task of creating a "green" dress, of which profits were donated to The Global Fund to help fight malaria. For us, it means we can buy designer wares and be kind to the world. Thanks, Net-A-Porter.

Sept. 19
Kate Moss says yes to Playboy
After years of "will she or won't she" speculation, the final decision is … she will. Yup, Mrs. Moss will grace the cover of the iconic men's magazine for her 40th birthday, and the magazine's 60th anniversary. Some get presents, others get nude.

Sept. 25
Kanye West shouted off about fashion
Controversy and Kanye go hand in hand. During Paris Fashion Week, the rapper took to the Radio1 airwaves to voice his frustrations with fashion, specifically Hedi Slimane. And he didn't hold back.

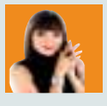
It's been a long time coming, but Kate's finally ready to strike a Playboy pose. CONTRIBUTED

Sept. 25
Isabel Marant X H&M look-book Leaked
Great news for us, bad news for H&M. A sneaky mole leaked the much-anticipated Isabel Marant X H&M lookbook, giving us a tease of what we can expect when it hits shelves on Nov. 14. As anticipated, there's fringing, skinny jeans and oversized slouchy cardigans.

Sept. 25
Sofia Coppola decorated the windows at Bon Marché
In case you needed an excuse to love Sofia Coppola even more, here's one: she jazzed up the windows of Parisian department store, Bon Marché with oodles of Louis Vuitton. Did she do a good job? We'll let the adorable Bambi leaping through neon love hearts holding a mini LV speak for itself.

Sept. 26
Louis Vuitton tapped David Bowie for coming campaign
Ziggy Stardust fans, get excited. The luxury French brand tapped the iconic '80s star for their second instalment of the L'Invitation au Voyage campaign.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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At #nuitblanche #snbto feeling the artsy groove! @inspirednight Bay+Adelaide

More billboards? Can't wait to be honoured at the @adsumfor women dinner, Oct 23 in #halifax.

Trends Report

- With the winter months just around the corner, your skin is bound to need a bit more TLC from the cold harsh winds. Go online to Trends Report and meet Michelle Lee, creator of MaskerAide and learn about sheet mask therapy, and how it can help unmask your most beautiful skin.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Canadian street style

Spotted in: Toronto

Laura
Photographer

What she's wearing
Tights, scarf and yellow knee highs from Free People, Zara sweater, purse from Little Burgundy, Sugarbebe black dress, and Expression boots from Hudson Bay.

Her inspiration
"Nature. My surroundings affect my style… my wardrobe mostly consists of earth tones."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

Modern kitchens get a history lesson

Renovation trends. Homeowners look to designs of the past for inspiration, and Mad Men-era style is at the top of their wish list

Kitchens are a unique space in a home in that they serve both a function as well as a space to entertain. And with advances in home design, kitchens also can serve as art pieces.

Max Huxley, owner and head contractor of Victoria's Maximilian Huxley Construction Ltd., transforms a lot of spaces through home renovations and recently won a 2013 gold CARE award for the open-concept kitchen at Marine View.

"It was a house built in the '80s with very compartmentalized rooms, as they were back then," said Huxley.

"There were these beautiful views, so we opened up the whole house so all the principal rooms have a view, which meant we had to have a completely open plan."

An open plan meant considering the esthetic appeal of the kitchen. Huxley incorporated a contemporary concept for the space, including a unique backsplash that features the spectacular ocean views.

Creating distinct spaces without closing the rooms off was necessary in the design and layout of the kitchen.

"With the kitchen we created two islands," said Huxley. "One was a buffet-style island that separated the dining area from the kitchen, but serves as a functional space but also an art piece that is all walnut. The island itself is between there and the main counter."

Even though each home owner has his or her own requests for their kitchen, Huxley said a few items have become staples in a modern kitchen.

According to Huxley, 10 years ago solid-surface countertops like granite or cultured stone were considered a luxury, but now they are standard in most kitchens.

"You don't hear of anything else anymore," he said. "Everyone feels they have to do it for resale. Even people doing lower-end places are finding it hard because they need that element in their renovations to make it a standard product and that is a significant cost."

The Mad Men trend

"Everyone wants a Don Draper kitchen. Even my elderly clients who would normally be drawn to a traditional, soft design are really interested in a flat, slab look and the mixing of paints with warm wood tones."

Lindsay Gilmour, certified chef and kitchen designer with Victoria's Urbana Kitchens

This kitchen by Victoria contractor Max Huxley is part of an award-winning renovation project called Marine View. COURTESY MAX HUXLEY/THE CANADIAN PRESS

While many appliances and elements of the kitchen have modernized, Lindsay Gilmour, certified chef and kitchen designer with Victoria's Urbana Kitchens, said there are homeowners who are looking to designs of the past for inspiration.

Fans of Mad Men, for example, want to incorporate mid-century design into their 2013 home.

"Everyone wants a Don Draper kitchen," said Gilmour. "Even my elderly clients who would normally be drawn to a traditional, soft design are really interested in a flat, slab look and the mixing of paints with warm wood tones. Old woods are coming back, like walnut, teak and mahogany.

"People are becoming more creative with different types of wood applications, but everyone likes the soft tones with the wood tones."

Meanwhile, other homeowners are adding extravagant touches to their kitchens. According to Gilmour, she has had requests for forno and pizza ovens and some homeowners are finding innovative ways to get a TV in the kitchen.

"I actually designed a traditional-looking hood cover for a flat-screen TV to be mounted on it," she said. "More and more people are putting their own flavours and tastes into their kitchen."

THE CANADIAN PRESS

Got garage clutter? Time for the slatwall solution

Slatwall can be customized with easily installed hooks, as well as basket and shelving fixtures. ISTOCK

Winter is just around the corner and that means your garage is about to become jam-packed with patio furniture, bikes and garden supplies. To help free up space, consider installing slatwall.

Similar to perforated hardboard, slatwalls use easily installed hooks to customize storage spaces.

Depending on the model, slatwalls can hold roughly 75 pounds per linear foot and with basket and shelving fixtures available, they make it easy to clear the clutter from your garage floor.

Decide on location and size

Slatwalls can be installed in just one area of your garage or an entire wall. Depending on how much gear needs to be stored, pick a size that won't look cluttered when finished and will leave extra room for the future. Consider tools like shovels or brooms to make sure the panels are installed high enough.

Locate and mark the studs

Once you've decided where you want to place your slatwall, use a stud finder and mark each stud with a pencil, as this is where you will secure the slatwall in place.

Depending on the wall and the type of studs, you may need different screws to safely hold the new storage wall in place. Check with a professional when buying the panels to make sure you have the proper screws for your garage.

Level and install the panels

Slatwalls have grooves along the outside edges to give them a seamless appearance when they connect, so make sure your first panel is level.

Don't rely upon the floor, ceiling or walls as guides as they may not be perfectly straight. Using the proper screws and an electric drill, install the first panel and check that it's level. Continue the above process for the rest of your panels.

Ensure the screws are all the way in or they could stop accessories from sitting in the grooves properly. If you're using a ladder to install higher panels, make sure to have a spotter to keep the ladder steady.

Install fixtures

The fixtures simply fit into the grooves of the slatwall and can be reconfigured at any time. All that's left to do is sit back and enjoy your newly organized garage. DIY NETWORK CANADA

Garage Gold

- For more tips on de-cluttering, tune in to Kraig Bantle and his family business Garage Brothers, featured in the brand new series Garage Gold, airing Sundays at 10:30 p.m. beginning Oct. 13 on DIY Network Canada.

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The art of hanging pictures

Wonder walls. Part 3 of a series on living room decor will help you get a handle on framing and hanging artwork

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous just in time for upcoming holiday parties. This week we'll cover how to avoid getting hung up on artwork. Knowing the rules will help you create beautiful living room walls.

Hanging

• If you're hanging art over a large piece of furniture such as a sofa or low cabinet, fill a distance two-thirds the width of the furniture with art, and hang the art 10 to 16 inches from the top of the furniture.
• When hanging art on a wall that has no furniture in front of it, the middle of the art should be 66 to 72 inches from the floor.
• The lower you hang your artwork, the higher your ceilings will appear — a great trick in a room with standard eight-foot ceilings.
• Always hang art in relationship to the floor, not the height of your ceilings. Higher ceilings don't mean you hang your artwork higher.

Arranging

• Many little pieces of art can be grouped together to create the effect of a large piece of art.
• When grouping pieces to fill a wall, start by placing the largest piece in the middle and work outward to the smallest.
• A grouping of art scattered down a hallway can act as lighting if each piece has a picture light hung over it.

Part 4

Next week: Choosing the right accessories for the living room.

Style

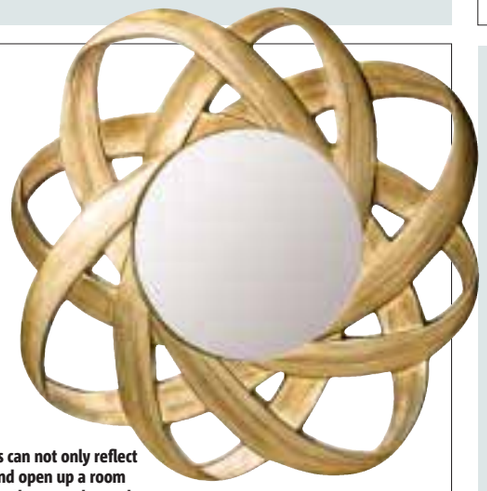
• If you're framing a variety of art so it coordinates in a room, use frames with similar colours or tones. Not all the frames have to be the same style, but they should share similar finishes such as gold, dark wood, white and so on.
• Mixing styles of artwork is a nice way to create an eclectic balance. Use the two-thirds-one-third rule — that is, use two-thirds of your preferred style, one-third of an alternative style.
• Not sure what type of art will look nice in your living room? Look at the style of your area rug; if the colours are rich then an oil painting might match nicely. If your area rug has a modern, monochromatic style then black and white photo art will match well.

Cost

• Art is very subjective; an inherited portrait of grandma could be digitally revamped into something Warhol-esque and cost you virtually nothing.
• The best sources for great art on the cheap? Estate sales, art fairs, art school yearly sales and pieces you make yourself.
• A good piece of art should cost twice as much as your sofa — a guideline that will help when budgeting your decor for the living room.

The size of art should measure about two-thirds the width of the furniture it sits above. COURTESY CRATE & BARREL

Many small pieces of art grouped together can be a great alternative to one large piece. COURTESY CRATE & BARREL



Mirrors can not only reflect light and open up a room visually, they can also replace artwork as sculptural wall decor. Constellation Mirror, $249, UrbanBarn.com.
COURTESY URBAN BARN

Art can help create a unique focal point for a room. Paris Window View Tapestry, $59 US, urbanoutfitters.com. COURTESY URBANOUTFITTERS

Home cleaning

Back away from that paper towel

When is it a good idea to use paper towel for cleaning?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Many of us seem to think that using the almighty paper towel on each and every surface in our homes is a good plan. Well, I'm here to tell you that assumption is wrong.

It's not that I'm trying to knock the stuff — my father uses enough of it to single-handedly keep all the manufacturers in business, and yes, I even have some on my own kitchen counter. But there's a time and a place for everything.

So let's start with instances when paper towel should not be used for cleaning. It's rather simple — delicate surfaces such as computer screens, eyeglasses, Plexiglas, old vinyl records, fine wood and fabric surfaces such as suede should not get the paper-towel treatment.

Generally, if an item scratches easily, that's a clue you should be using something else for the job. For the surfaces I've just listed, I would use either a microfibre or 100 per cent cotton cloth.

Still, paper towel is great for tackling many things such as drying chicken just before you cook it, keeping washed lettuce crisp in the refrigerator, wiping up pet accidents so they can be discarded safely or disinfecting surfaces such as the toilet. For such tasks, paper towel really is a great solution.

Quoted

Generally, if an item scratches easily, that's a clue you should be using something else for the job.

Paper towel may be a modern convenience, but as Charles warns, it shouldn't be used to clean any and all surfaces. ISTOCK

Design. Create a harmonious environment

Good design is an integral part of a successful renovation. It adds to the functionality of your home, increases your enjoyment, and gives you the best value for your investment. In other words, design can make a big difference.

The aim of good design is to create a harmonious environment of practical, common sense elements that enhance your life — a living environment that looks, feels and works well.

It always begins with function. Only when the function of a room has been clearly defined, can you begin to develop the space. That's why designers will often ask homeowners to spend time thinking through, sometimes in minute detail, how they use or wish to use a specific area. This is particularly important for a kitchen renovation to ensure the proper configuration of working and storage areas, lighting, and so on.

It is helpful to define your style right at the start. For instance, are you traditional, French country, urban chic or something else? You may not have a label for your own style, but what are your preferences? Before consulting with professionals, create a portfolio of designs, products and materials that you like — photos, brochures, samples, etc. This will help both you and them to zero in on the right style and details.

Every project is different, but renovation experts agree there are a number of design considerations that apply generally to renovations.

- Room sizing. Draw your furniture (scaled proportionately) right on the plan — does the room seem too crowded now?
- Traffic flow. How does your family move around in the house, in and out of rooms, from one area to another? Are there awkward or "dead" areas?
- Lighting. Lighting plays a big role in setting the mood in your home and accenting features of a room. Use a combination of fixtures to create different effects — pot lights, wall sconces, chandeliers.

To get the best out of your design, think through all other elements of your renovation, from windows and doors to stairs and railings. Always consider function, style, placement and compatibility with surroundings.

CANADIAN HOME BUILDERS' ASSOCIATION

Renovations, such as painting, are an opportunity to protect your investment and enhance the value of your home. VIACHESLAV/COLOURBOX

Enhance value of your home

Your home is likely the most valuable asset you own. Your decision to renovate it may be driven by your lifestyle and a personal desire to upgrade. At the same time, renovation is an opportunity to protect your investment and enhance the value of your home.

First, to protect your asset, start with the basics.

Ongoing maintenance prevents the deterioration of a home and its value. As part of your renovation planning, do a thorough inspection of your home or hire someone to do it.

General wear and tear is often inexpensive to deal with, but can make a big difference to the appearance and appeal of your home. Components, from roofing shingles to furnaces, must be replaced at the end of their lifespan.

It's crucial to eliminate problems that can damage your home. Moisture problems, for instance, that can also be detrimental to your health, should be dealt with before or at the same time as your renovation, not postponed to later. Cracks in the foundation or brick walls, loose siding, missing mortar, sagging floors or other issues that have developed over time should be attended to, before they create more serious problems.

Next, there are a number of ways you can maximize the value of your renovation investment.

Increasing the energy- and water-use efficiency of your home has both immediate and long-term payoffs. You will start saving money on your utility bills as soon as the new systems have been installed, while federal and/or provincial grants may help to offset your cost.

While taste is personal, a well-designed renovation will add greater appeal and value to your home. Spatial considerations are key — layout, traffic flow, visual flow from one area to another, size of rooms and ease of furnishing them, tying new construction seamlessly with the existing home, and so on. Trends come and go — you may want to choose features and finishings with lasting appeal, instead of the latest, hottest items.

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THE SUFFERING IS UNNECESSARY

Dinner in the dark sounds romantic, but what about a full restaurant meal served and consumed in total blackness?

Vancouver restaurant Dark Table is offering just that experience, along with live music, to mark World Sight Day Thursday. The restaurant is partnering with Seva Canada, an international development organization founded in 1982 to restore sight and prevent blindness in the developing world.

Dinner is served by visually impaired staff while guests will experience what it feels like to be blind for an evening.

"It's a really engaging and entertaining way for our guests to get a sense of what it might be like to be blind while gaining awareness of this global issue," says Penny Lyons, Seva Canada's executive director. "Avoidable blindness is a solvable problem. We have the answers; the suffering is unnecessary."

World Sight Day is held annually on the second Thursday in October. The goal is to raise awareness of blindness and vision impairment in the general public and to push governments around the world to improve national blindness prevention programs. It also aims to promote education about avoiding blindness.

The theme for 2013 is Universal Eye Health and urges people to "Get your eyes tested." The goal is to increase access to comprehensive eye care services that become integrated with health-care systems.

– Jon Tattrie

RESTORE NEAR VISION

AT HORIZON LASER VISION CENTER

CONTRIBUTED

Did you ever wish you had longer arms?

Between the ages of 40 and 50, we tend to start stretching our arms to read the newspaper, a price tag or our mobile phones. Words start to become blurry and we start to feel our age. The technical term for this is presbyopia (prez-bee-OH-pee-ah).

Fortunately, Horizon Laser Vision Center offers the solution for near vision loss called KAMRA Vision. This is a revolutionary procedure that restores near vision and reduces dependency on reading glasses.

Dr. Ronan Conlon, medical director of HLVC, ophthalmologist, KAMRA surgeon and recipient, shares his experience

"All is well. Using my iPad, iPhone, and computer all without glasses. Great. I was in the OR today, and did 26 cataract surgeries with my 'naked' eye. It just made everything easier in the OR — what a convenience. My only regret is I wish I had the procedure sooner."

To find out if you are a candidate for KAMRA vision, contact Horizon Laser Vision Center at 306-664-3937 to arrange a complimentary preview consultation.

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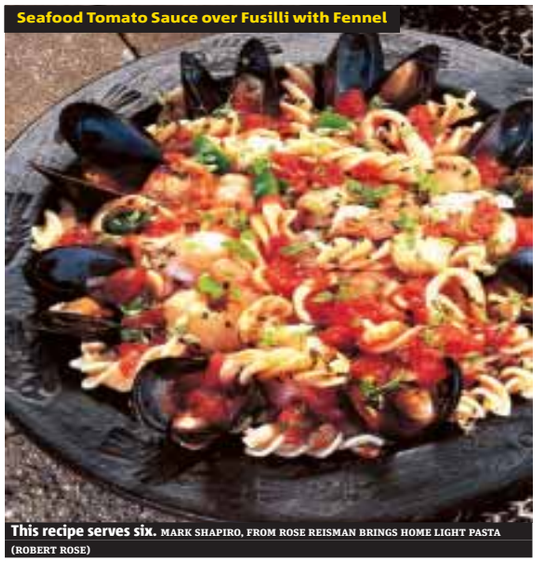

Seafood Tomato Sauce over Fusilli with Fennel

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This hearty seafood sauce is perfect during the cooler months.

Fennel is outstanding in this dish. If it is unavailable, use 1/4 cup licorice liqueur or 1 tbsp fennel seeds. If the licorice taste is not desired, omit fennel and add 1 cup chopped leeks or onions.

Any combination of seafood can be substituted to make up the total amount.

Firm white fish fillets, such as halibut, snapper or haddock, can be substituted for seafood.

1. Cook the chopped fennel in boiling water for about 8 minutes, or just until barely tender. Drain and set aside.

2. Cook pasta of your choice in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.

3. In a large nonstick saucepan, heat the vegetable oil; sauté garlic, red onions, green peppers and fennel for 5 minutes. Add sliced mushrooms and cook for 5 minutes or just until mushrooms are no longer wet. Add crushed tomatoes, stock, black olives, tomato paste, basil, oregano, bay leaf and cayenne. Simmer on medium-low heat for 15 minutes, stirring occasionally.

4. Add seafood. Cover and simmer for 3 minutes, or until mussels are open and seafood just cooked. Pour over pasta. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 1 cup chopped fennel
- 12 oz fusilli or rotini
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped red onions
- 1 cup chopped sweet green peppers
- 1 cup sliced mushrooms
- 2 cans (19 oz each) crushed tomatoes
- 1/2 cup fish or chicken stock
- 1/3 cup sliced black olives
- 1 tbsp tomato paste
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- Pinch cayenne
- 8 oz fresh mussels or clams
- 8 oz shrimp, peeled and deveined
- 8 oz squid, cleaned and sliced

For your phone

In Mary We Trust – Mary Berry (iPad/iPhone; $2.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

For Thanksgiving or Christmas, this is your guide to making a traditional turkey spread with old-fashioned stuffing, sides and sauces. There's cranberry confit, five-nut roasts and custard trifles for everyone.

Just can't say goodbye to your grill? This one's for you

Before the temperatures start to drop and those fall chills make their way across the country, put your barbecue to good use while you still can.

This Grilled Halibut, Asparagus and Chorizo with Arugula Pasta Sauce makes for a sophisticated presentation but is deceptively easy to make.

Ingredients

- 2 pieces skinless boneless halibut (about 300 g total), cut 1 1/2-inches (4 cm) thick
- 3 oz (90 g) spicy cured chorizo sausage, cut diagonally in six 1/4-inch (5 mm) thick slices
- 10 thick asparagus spears, trimmed
- 4 tsp (20 ml) olive oil
- 1 tsp (5 ml) grated lemon rind
- 2 tbsp (25 ml) chopped fresh basil
- 1/4 tsp (1 ml) kosher salt
- 1/4 tsp (1 ml) cracked black pepper
- 1/2 cup (125 ml) PC Black Label Arugula Pasta Sauce

This recipe serves two. PRESIDENT'S CHOICE

1. Preheat your barbecue to medium-high heat.

2. In large bowl, gently toss together halibut, chorizo, asparagus, olive oil, lemon rind, basil, salt and pepper until combined. Pour pasta sauce into small saucepan; set aside.

3. Arrange halibut, chorizo and asparagus on grill, keeping each ingredient together. Cook chorizo and asparagus for 5 to 6 minutes, turning every minute, or until tender and slightly charred. Cook halibut for 6 to 8 minutes, turning once halfway, or until just cooked through.

4. Meanwhile, place saucepan with pasta sauce on stovetop over medium heat. Cook, stirring occasionally, for about 5 minutes or until heated through.

5. Spoon sauce into centre of two dinner plates. Arrange halibut, chorizo and asparagus over top. **PRESIDENT'S CHOICE**

Lunch. Baby Spinach, Tuna & White Bean Salad

Tender baby spinach is a source of iron, and makes a great base for this main course tuna-bean salad.

1. In large bowl, toss together spinach, tomatoes, red peppers, kidney beans, tuna, 1/4 tsp (1 ml) of the salt, and pepper.

2. In small bowl, whisk together vinegar and mustard; whisk in olive oil and remaining 1/4 tsp (1 ml) salt. Pour over tuna mixture; toss to coat.

PRESIDENT'S CHOICE

Ingredients

- 1 tub (142 g) PC Organics Baby Spinach
- 1 cup (250 ml) cherry tomatoes, halved
- 1 cup (250 ml) diced sweet red peppers
- 1 can (540 ml) white kidney beans, rinsed and drained
- 1 can (120 g) PC Solid White Tuna in Water, drained and flaked
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tbsp (25 ml) red wine vinegar
- 2 tsp (10 ml) Dijon mustard
- 1/4 cup (50 ml) olive oil

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Vancouver Giants goalie Payton Lee blocks a shot by Saskatoon's Matt Revel Wednesday night at Credit Union Centre. COURTESY SIMON HIATT

Blades blast Giants

WHL. Thrower's return to Saskatoon spoiled by former teammates

Former Blade Dalton Thrower had a goal in his homecoming game at Credit Union Centre, but the evening belonged to his old team as Saskatoon picked up its second win of the season 6-1 over the Vancouver Giants.

The first two periods were relatively quiet affairs as Blades goalie Alex Moodie stood tall, stopping 25 of 26 shots on the evening.

On Wednesday

6	1
Blades	Giants

The Blades first goal came at the 5:18 mark of the first period as 18-year-old defenceman David Nemecek scored his third goal of the season.

The early scoring drought came to an end as the floodgates opened midway through the third period when the former Blade Dalton Thrower took the puck the length of the ice and scored his second goal of the season unassisted.

Two minutes later the Blades got the lead back as Nick Zajac recorded his first goal of the year.

Then at the 9:49 mark Saskatoon increased its advantage when Ryan Graham recorded his second tally of the year. Just a minute later Zajac scored his second of the period to make it 4-1

Then Saskatoon native Nelson Nogier scored the first of his WHL career and the third period onslaught came to an end in the dying moments with the Blades on the power play as Graham Millar scored his second of the season to make the final 6-1.

SIMON HIATT/FOR METRO

Murder case

Prosecutors seek recusal of judge in Hernandez trial

Prosecutors in the murder case against former New England Patriot Aaron Hernandez want the judge to recuse herself because, they said Wednesday, she and the lead prosecutor have a public history of antagonism and she has shown bias.

Bristol County Assistant District Attorney William McCauley wants Judge Susan Garsh to remove herself from the case, he said during a hearing in Fall River Superior Court.

Hernandez attorney James Sultan said in court that the defence would strenuously object to the recusal request when arguments are heard Oct. 21.

THE ASSOCIATED PRESS

MLB playoffs

Tigers' Verlander to face A's in Game 5 once again

These decisive Game 5s sure are becoming familiar for Justin Verlander.

Just like last October in Oakland, the Tigers have been pushed to a winner-take-all fifth game in their AL division series against the Athletics. And Detroit will have Verlander on the mound again Thursday night after he pitched a four-hit shutout in the 2012 clincher.

"Well, you don't pretend. It's not just another game," Verlander said after the Tigers evened the series with an 8-6 win Tuesday at Comerica Park. "This whole season ... comes down to one game, may the best team win." THE CANADIAN PRESS

Cardinals crush Pirates' playoff dream

The Cardinals celebrate Wednesday's win in St. Louis. ELSA/GETTY IMAGES

Nobody's better than the St. Louis Cardinals when they can't afford to lose.

Adam Wainwright went all the way on the mound and St. Louis got two-run homers from David Freese and Matt Adams to beat the Pittsburgh Pirates 6-1 Wednesday night, advancing to the NL championship series for the third straight season.

Wainwright scattered eight hits in his second dominant win of the division series, coming through for the Cardinals in a winner-take-all Game 5. St. Louis gets to stay at home to open the NLCS against the well-rested Los Angeles Dodgers on Friday night.

"I wanted it bad. It's probably the most nervous I've ever been," Wainwright said. "I don't get a whole lot of nerves when I pitch. Before I pitched today, I was pretty nervous."

By ending Pittsburgh's storybook season, the Cardinals improved to 8-1 when facing post-season elimination the past three years. They also won Game 5 of the NL division series in Washington last year — even though Wainwright got rocked — and at Philadelphia in 2011.

Freese homered in the second inning off rookie Gerrit Cole, and Adams connected in the eighth against reliever Mark Melancon to make it 5-1. Pete Kozma added an RBI infield single, and Wainwright finished it off by striking out Pedro Alvarez with two on.

THE ASSOCIATED PRESS

Heil goes beyond million-dollar promise from 2010

Day of the Girl.
Olympic mogul champion makes good on pledge made after Vancouver Olympics

Eyes on the future

"They told me they wanted to be citizens of tomorrow. It made me want to try and help create some opportunity for them and for other girls."

Jennifer Heil, who became an ambassador of the Because I am a Girl program after a 2008 trip to Burkina Faso.

Caught up in the euphoria of the 2010 Olympics, moguls skier Jenn Heil blurted out at the conclusion of the Games that she intended to raise $1 million for the Because I am a Girl campaign.

Then she took a big gulp.

"I think I got very excited and swept away in Vancouver," Heil said.

"Everything felt possible in Vancouver. So I said the million dollars and then I was terrified that I'd put that out there because I had no plan on how to go about it."

But Heil is a woman accustomed to the risk of speeding through moguls. She won Olympic gold in 2006 and silver four years later in Vancouver.

Heil has reached her campaign target and is actually closer to $1.1 million, she said.

Plan Canada's Because I am a Girl program operates on the premise that if a girl is nourished and has a safe environment and an education, she can raise the standard of living for herself, her family and her community.

The International Day of the Girl, initiated by the United Nations, is on Friday.

Heil will be in Ottawa Thursday to promote an interactive art installation supporting girls' education globally.

Heil's efforts have helped fund 3,000 school scholarships for girls in Africa's Burkina Faso, as well as schools, playgrounds and water facilities there and in other countries.

"We often feel we don't know where to start, there's so many challenges in this world," Heil said. "That's true, but in terms of girls' education, a little goes a long way."

Heil retired in 2011 as a four-time world champion.

The 30-year-old from Spruce Grove, Alta., runs an annual girls-only moguls camp. She will be at the 2014 Winter Games in Sochi, Russia, as a television commentator for moguls.

THE CANADIAN PRESS

Raising the bar

On the day of the 2010 closing ceremony, Jenn Heil announced she would kick off her campaign with $25,000 of her own money.

- Next was a meeting with the CEO of her sponsor Birks to ask if the jewellery company would match her contribution.
- "I knew if he said 'no' I was going to be in big trouble because I needed every single one of my sponsors to come on board to even have a chance," she said. "He said of course he would help. Birks has actually raised over $200,000 for the challenge.... A lot of the money raised has been through the generosity of the business community in Canada."

Jenn Heil won silver at the 2010 Winter Games in Vancouver and gold in 2006 in Turin, Italy. KEVORK DJANSEZIAN/GETTY IMAGES

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	4	3	1	0	13	10	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Tampa Bay	3	2	1	0	7	7	4
Ottawa	2	1	0	1	5	5	3
Montreal	2	1	1	0	7	5	2
Florida	3	1	2	0	5	11	2
Buffalo	4	0	3	1	4	10	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	3	3	0	0	12	3	6
NY Islanders	3	2	0	1	12	7	5
Carolina	3	1	1	1	6	9	3
New Jersey	4	0	1	3	9	15	3
Columbus	2	1	1	0	6	6	2
NY Rangers	3	1	2	0	6	14	2
Washington	3	1	2	0	10	12	2
Philadelphia	4	1	3	0	5	10	2

Wednesday's results
Montreal at Calgary
Chicago at St. Louis
Ottawa at Los Angeles
Tuesday's results
Colorado 2 Toronto 1
NY Islanders 6 Phoenix 1
Philadelphia 2 Florida 1
Pittsburgh 5 Carolina 2
Tampa Bay 3 Buffalo 2 (OT)
Nashville 3 Minnesota 2
Vancouver 3 New Jersey 2 (OT)
San Jose 9 NY Rangers 2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	3	3	0	0	11	3	6
St. Louis	2	2	0	0	11	2	4
Winnipeg	3	2	1	0	12	10	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Nashville	3	1	2	0	6	9	2
Minnesota	3	0	1	2	7	10	2

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	3	3	0	0	17	4	6
Vancouver	4	3	1	0	15	12	6
Anaheim	3	2	1	0	8	11	4
Calgary	3	1	0	2	12	13	4
Phoenix	3	1	2	0	6	11	2
Los Angeles	3	1	2	0	7	10	2
Edmonton	3	1	2	0	11	15	2

Note: Two points for a win, one point for overtime loss.

Thursday's games
All Times Eastern
Colorado at Boston, 7 p.m.
Columbus at Buffalo, 7 p.m.
Carolina at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Toronto at Nashville, 8 p.m.
Winnipeg at Minnesota, 8 p.m.
Montreal at Edmonton, 9:30 p.m.
NY Rangers at Anaheim, 10 p.m.
San Jose at Vancouver, 10 p.m.

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5; x — played only if necessary)

BOSTON (1) VS. TAMPA BAY (6)

(Boston wins series 3-1)
Tuesday's result
Boston 3 Tampa Bay 1

OAKLAND (2) VS. DETROIT (3)

(Series tied 2-2)
Tuesday's result
Detroit 8 Oakland 6
Thursday's game
Detroit (Scherzer 21-3) at Oakland (Colon 18-6), 9:07 p.m.

N.L. DIVISION SERIES

ST. LOUIS (1) VS. PITTSBURGH (4)

(Series tied 2-2)
Wednesday's result
Pittsburgh at St. Louis
Monday's result
St. Louis 2 Pittsburgh 1

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles Dodgers wins series 3-1)
Monday's result
L.A. Dodgers 4 Atlanta 3

CFL

WEEK 16

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
x-Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

x — clinched playoff berth.
Friday's game — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday's game
Edmonton at Saskatchewan, 4:30 p.m.
Monday, Oct. 14
Winnipeg at Montreal, 1 p.m.
Toronto vs. Hamilton (at Guelph), 4:30 p.m.

NFL

WEEK SIX

Thursday's game — All Times Eastern
N.Y. Giants at Chicago, 8:25 p.m.
Sunday's games
Detroit at Cleveland, 1 p.m.
Green Bay at Baltimore, 1 p.m.
St. Louis at Houston, 1 p.m.
Cincinnati at Buffalo, 1 p.m.
Pittsburgh at N.Y. Jets, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Carolina at Minnesota, 1 p.m.
Oakland at Kansas City, 1 p.m.
Tennessee at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
New Orleans at New England, 4:25 p.m.
Arizona at San Francisco, 4:25 p.m.
Washington at Dallas, 8:30 p.m.
Monday, Oct. 14
Indianapolis at San Diego, 8:40 p.m.

MLS

Wednesday's results
Kansas City at Houston
Vancouver at Seattle
Colorado at San Jose
Saturday's games
New England at Montreal, 2:30 p.m.
Philadelphia at D.C., 7 p.m.
Chicago at FC Dallas, 8:30 p.m.
Sunday's game — Seattle at Portland, 9 p.m.

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INFORMATION SESSIONS
1:00PM & 5:00PM: Thursday, October 17
10:00AM & 1:00PM: Friday, October 18
Radisson Hotel, 405 20th St E, Saskatoon

10:00AM: Saturday, October 19
Room C15, Warman Campus,
Great Plains College, 201 Central St

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Bears look to regain their ferocity vs. winless Giants

NFL. Former CFL coach Marc Trestman on the hot seat after dominant start

On the surface, this would seem like an easy one for the Chicago Bears. They're trying to get back to winning against a team that hasn't won a game all season.

The problem is the New York Giants (0-5) are no strangers to victories no matter what their record says, so the Bears (3-2) aren't exactly breathing easy heading into Thursday night's game at Soldier Field.

They see a perennial contender, a quarterback in Eli Manning with two championship rings, and signs of danger even if there's a big zero in the win column.

"When you look at their personnel, they've got playmakers all over the field," Bears coach Marc Trestman said. "They've got a future Hall of Fame quarterback that's got a couple of Super Bowls. ... They have firepower."

They also have one of the league's worst defences, a running game that ranks at the bottom and is injured, an offence that leads the league with 20 turnovers, and a quarterback with more interceptions (12) than anyone else.

They won't have starting halfback David Wilson. The team's first-round pick in 2012, he injured his neck against the Philadelphia Eagles last week and will miss this game.

The offensive line has struggled all season through injuries to centre Kevin Baas and guard Chris Snee, and it's added up to this: New York matching its worst start since the 1987 strike season.

The fact that everyone in the NFC East is below .500 has Manning believing the Giants are not quite out of it. Beating the Bears would be a good start, and it would add to the percolating angst in Chicago.

Losses to Detroit and New Orleans have raised the anxiety level after a 3-0 start. The Bears struggled to mount a pass rush from the start, and that was before defensive tackles Henry Melton and Nate Collins suffered season-ending knee injuries.

On offence, they're still adjusting to Trestman's system. And they probably could have done without Brandon Marshall going public with his frustration over a lack of catches against the Saints, particularly given Alshon Jeffery's team record performance in that game.

THE ASSOCIATED PRESS

Turning things around

"They know that we can play better than what we are. They know we're capable of more and that we'll do whatever it takes to get that first W."

Giants quarterback Eli Manning

Chicago Bears wide receiver Alshon Jeffery makes a touchdown reception against the New Orleans Saints, Sunday, in Chicago. The young receiver will look to continue his stellar play on Thursday. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

B.C.'s running game is 'non-existent': Buono

The B.C. Lions' Andrew Harris could get more carries in the coming weeks as B.C. looks to restore an absent running game. DARRYL DYCK/THE CANADIAN PRESS

Wally Buono says there's plenty of blame to go around when it comes to the B.C. Lions' anaemic running game.

The team's general manager spoke with reporters near the end of Wednesday's practice and voiced his displeasure with the Lions' ground attack, which included running back Andrew Harris carrying just six times for 10 yards in a 31-17 home loss to the Saskatchewan Roughrider last week.

"I'm not blaming the (running backs). All I know is we have to get better," said Buono. "When you look at where we're at in our running game, blame all of us. Blame the organization, blame the coaches, blame the players.

"Everyone has a part to play to be a successful running team."

The Lions have not had a 100-yard rusher since July 30, when Harris gained 107 yards in a 38-12 road loss to the Toronto Argonauts — a span of nine games.

Since then, the Winnipeg native has rushed for 10 yards twice and also put up totals of 19, 27 and 38. Harris's best performance during that span was a 73-yard showing in a 52-17 blowout victory over the Blue Bombers on Sept. 27.

"When you look from the top to the bottom, everybody has to assume a part of the responsibility," Buono continued. "I'm not blaming just (Harris), I'm not blaming the offensive line, I'm not blaming the quarterback, I'm not blaming the coaches.

"But our running game, at this point, is almost non-existent." THE CANADIAN PRESS

Filling the gap

- Buono said that former Lions running back Stefan Logan is expected to join practice roster early next week.
- Logan spent four seasons in the NFL, primarily as a return man, after leaving B.C., and was named to the 2010 NFC Pro Bowl team as an alternate.

Redskins debate

"The name was never a label. It was, and continues to be, a badge of honour."

Washington Redskins owner Dan Snyder who addressed the debate over the team's nickname in a letter on Wednesday. The tone of the letter suggests that no change is under consideration.

MLB

Yankees manager Girardi inks 4-year extension deal

Joe Girardi's return as manager of the New York Yankees was all about family.

Girardi signed a four-year contract that could be worth up to $20 million Wednesday to stay with New York through 2017.

With the Yankees missing out on the playoffs this season for the second time in 19 years, the 48-year-old Girardi got an early start on determining his future. He went over several possible scenarios with his wife and three children that included taking a year off, pursuing a broadcasting job or managing somewhere else. They quickly decided that six years in New York was not enough.

THE ASSOCIATED PRESS

NCAA basketball

Freshman Wiggins to grace cover of Sports Illustrated

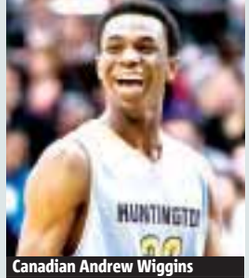
Canadian basketball player and top prospect Andrew Wiggins appears on the cover of this week's Sports Illustrated.

The six-foot-eight, 200-pound Kansas freshman is expected to go first overall in the 2014 NBA Draft.

Wiggins, from Vaughan, Ont., is wearing his No. 22 Jayhawks jersey on the cover. The story compares his arrival at the school to the arrival of former Kansas stars Wilt Chamberlain and Danny Manning.

The Naismith High School player of the year averaged 23.4 points and 11.2 rebounds per game at Huntington Prep in West Virginia.

THE CANADIAN PRESS



Canadian Andrew Wiggins TORSTAR NEWS SERVICE FILE

Horoscopes

♈ Aries
March 21 - April 20
The planets warn someone you have financial dealings with will try to take advantage of you. They will only succeed if you can't be bothered to stop them. Sometimes you can be too easygoing.

♉ Taurus
April 21 - May 21
If you are looking for an honest opinion from your friends, you won't get it. You will though get flattery by the bucket load, so try to keep in touch with reality. Take what others tell you with a large pinch of salt.

♊ Gemini
May 22 - June 21
The spotlight will shine on areas of your life that maybe you would prefer to keep under wraps. Don't kick up a fuss or your enemies will realize they have touched a nerve and won't ever leave you alone.

♋ Cancer
June 22 - July 23
You are in a restless mood today but it's highly unlikely you will be in the same place tomorrow. Get away from your usual surroundings. It will do you a world of good.

♌ Leo
July 24 - Aug. 23
A combination of Venus and Neptune will bring your humanitarian instincts to the fore today. But be careful who you give money to as not everyone will deserve it.

♍ Virgo
Aug. 24 - Sept. 23
You may find it hard to explain how you feel today but that's OK. Those who count the most will recognize the signs and give you the love and support you so clearly need.

♎ Libra
Sept. 24 - Oct. 23
Do you control your desires or do you indulge them to the full? Only you can decide. But if you play safe, you will most like regret it. Life is for laughing and loving, so don't be scared to take chances.

♏ Scorpio
Oct. 24 - Nov. 22
Today's influences may take away your energy, at least for a while, but that may be no bad thing. Sometimes it's good to step back from the hustle and bustle of life and refocus.

♐ Sagittarius
Nov. 23 - Dec. 21
Take your pleasures where you find them today — and you will find them in every direction. Most likely you will get the greatest satisfaction from being with your family.

♑ Capricorn
Dec. 22 - Jan. 20
You seem to be worrying that your life is going too well and something is sure to go wrong in a big way very soon. That's typical Capricorn negative thinking but, you are wrong.

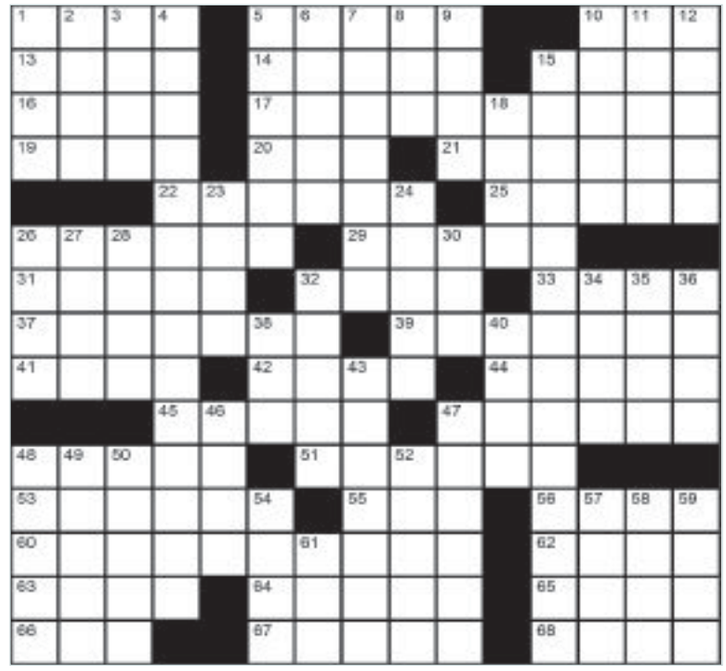
♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to worry about issues that you have no way of controlling, so snap out of the funk you have fallen into and get your mood back up there in the clouds. Life is supposed to be fun — remember?

♓ Pisces
Feb. 20 - March 20
This may be a restless day for you but that's OK. In fact, the more you and move around, the more fun you will have — and the more money-making opportunities you are likely to attract. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

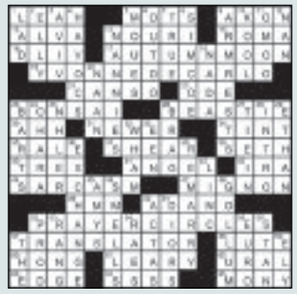
BY KELLY ANN BUCHANAN



Across
1. On __ (Without a contract)
5. "The __ Estate" on CBC
10. Person's size stat.
13. Curved shape
14. Hit _ __ spot
15. Cut back
16. Ms. Ephron
17. Hit for Canadian band Sweeney Todd: 2 wds.
19. Made, like wool
20. Old English letter
21. CBC's "Battle of the __"
22. 1992 Barenaked Ladies album
25. "Take __ __ day at a time."
26. Improvises
29. Sketch's Mr. Michaels
31. Prefix meaning 'Nose'
32. Head of France?
33. Garnish
37. BBC Canada motoring program: 2 wds.
39. Whale: French
41. Absentee soldier stat.
42. Headquarters
44. It's short for 'low budget'
45. Era
47. Breathable fabric
48. Deadly
51. Dance music style
53. Onze: English
55. Geddy of Rush
56. Where Neil Armstrong worked
60. Old West saloon brawl weapon: 2 wds.
62. Particular
63. Mark Twain story, __ Diary
64. Six-stringed instruments
65. "We want you here!"
66. Soak flax
67. Rile
68. Twirl

Down
1. Without
2. __ up (Support)
3. Almond shade
4. Spectacular signs of the season: 2 wds.
5. Sea travellers
6. "That __ __, I could have sworn that..."
7. Battlefield shelter
8. Attempt
9. Cilantro, for one
10. Writer, Ralph __ Emerson (b.1803 - d.1882)
11. PEI, The __ Province
12. Succinct
15. What caused Pangaea to break apart?: 2 wds.
18. Ken of "thirty-something"
23. Instrument for the Duck in Sergei Prokofiev's symphonic fairytale Peter and the Wolf
24. "That might __ __ such a bad idea..."
26. "Thou ___ lady." - King Lear
27. Red Sea sailing vessel
28. Fat-sucking oper.
30. Mens __ (Criminal intent, in law)
32. Stretch of land
34. Carouse
35. Quickly, __ __ time at all
36. "You're putting __ __, right?!"
38. Blood-typing letters
40. Novelist Mr. Uris
43. Coach on "The Voice", Blake __
46. Common people member, briefly
47. Cornball
48. Not as many
49. Hit for Canadian singer Edwin
50. Dogma
52. Sit-and-play instrument
54. 'N' of NS
57. On
58. __-sweet chocolate
59. Sherman Hemsley comedy of 1986 to 1991
61. Pantry container

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	7	8	5	9	1	6	4	3
6	4	5	7	3	8	9	1	2
3	9	1	6	4	2	7	8	5
1	5	6	3	7	4	2	9	8
7	8	9	1	2	6	5	3	4
4	3	2	8	5	9	1	7	6
5	6	7	9	8	3	4	2	1
9	2	3	4	1	5	8	6	7
8	1	4	2	6	7	3	5	9

9					5	8	7	
	5			2		4	6	
4			6					1
				8			1	4
		8				2		
5	4			9				
7					3			8
	1	6		5			3	
	2	4	7					6

Today
16°/2°
Partly cloudy
Friday
10°/0°
Showers
40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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